



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

July, August, September 2017

Ice Cream Social & Trivia: Wednesday, July 12, 2017 @ 1 PM

9600.371

I scream, you scream, we all scream for ice cream! Here's the scoop: we're serving ice cream with yummy toppings while you visit with friends. Stick around for some fun trivia games that will be sure to get your brain warmed up again after that cold treat. This event is free, but pre-registration is required.



Big Kahuna Beach Volleyball: Monday, July 17, 2017 @ 9 AM

9600.372

Volleyball and fun for all! Join us outside at the park behind the NPSC building for this fun and sporty new event. There will be tiki vibes, volleyball games, and a refreshing snack. This event is free, but pre-registration is required.

Movie in the Park: Saturday, August 12, 2017 @ 5:30 PM

Join us for a movie night outside at Norman Park, featuring *A Dog's Purpose*. Recreation activities begin at 5:30 PM. The movie will begin at dusk. This event is free and for all ages. Bring your lawn chair. We will have snacks for sale. No pre-registration required.

Caribbean Treasure Hunt: Wednesday, August 16, 2017 @ 12 PM

9600.373

Arrrrrrrrr ye maties! There be treasure at Norman Park! Join us for tropical treasure hunt fun around the center and a delicious lunch. Pirate gear is encouraged but not required. Pre-registration is required. Fee: \$5 Resident/ \$6 Non-Resident

Hispanic Heritage Day: Wednesday, September 13, 2017 @ 12 PM

9600.374

Seniors and Senioritas! Come join us for Hispanic Heritage Day! You'll need a siesta after our sizzling hot fiesta. There will be Mexican cuisine and entertainment. Please stop by the main office to register. **Pre-registration is required.** Fee: \$5 Resident/ \$6 Non-Resident

Singing Seniors Concert: Wednesday, September 20, 2017 @ 1:30 PM

The Singing Seniors of Norman Park Senior Center will present a matinee concert titled, "COUNTRY/WESTERN ROUNDUP," filled with familiar songs from the Old West. Come enjoy the celebration of music from the "good ole days of the Old West." We invite you to stay for light refreshments afterwards.



Register at the front desk or online at chulavistaca.gov/rec

Norman Park Updates

Norman Park Senior Center will be

CLOSED:

Independence Day: Tuesday, July 4, 2017

Labor Day: Monday, September 4, 2017

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at

www.chulavistaca.gov/rec



Norman Park Senior Center appreciates your patience as we undergo ongoing construction and repairs. We reserve the right to change the location of any group or class as we try to accommodate groups of different sizes. The changes may be made with little or no notice.



Commission on Aging

Meets the 2nd Wednesday of every-other-month (July 12 & September 13) from 2:45-4:00 PM in the Conference Room. For more information contact (619) 409-5979.

Interest Lists for New Groups

If you are interested in starting or joining a new group, stop by the main office to put your name and contact information on an interest list. Once we get enough people interested in each activity we can then form an official group and find a time and meeting space for them.

Cool Zone

During normal center hours of operation, Norman Park Senior Center will function as a "Cool Zone." Cool Zones are places where senior citizens and people with special needs can comfortably escape mid-day summer heat and reduce their air-conditioning use, which helps save on energy costs. Cool Zones are established by the County of San Diego Aging and Independence Services (AIS) and this year are open to the public from May 4 - October 31, 2017. There are currently more than 100 Cool Zones that provide service to some of the hottest areas in the San Diego region. They are located in senior centers and other public buildings.

<http://www.sdge.com/cool-zones>



Knitting & Crocheting Group Announcement

The Knitting & Crocheting Group, which meets Wednesdays from 9:30—11:30 AM (see page 4) is seeking donated yarn to use as they knit for charity. Donations of yarn are accepted at the main office.

CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership began January 2017.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

Bingo Every Friday

Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!

Bingo with Potluck

July 7, 21; Aug. 4, 18; Sept. 1, 15

Bunco Every Friday

2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

Live Band Dances

**July 6, August 3, &
September 7.**

**Time: 1 PM—3 PM
\$4 Per Person**

**For more info. call
(619) 409-1935**



Beverages and light lunch provided. Tickets sold at the door for the dance.

Lake Arrowhead Trip:

Thursday, August 24 - leave center @ 8:30 AM and arrive back around 6 PM.

Trip includes lunch (4 choices), 1-hour narrated cruise on the Arrowhead Queen, and visit to shopping area with 40 different shops.

Volunteer Luncheon: September 21
More info. TBA

2017

SENIOR CLUB BOARD MEMBERS

President: Shirley Dorscher

1st Vice President: Edith Tobie

2nd Vice President: Barbara Holden

Secretary: Sue Hirschel

Treasurer: Joan Vannoy



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

July 11 @ 1:30 PM in Room 6

August 1 @ 1:30 PM in Room 6

September 5 @ 1:30 PM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR 3001.371

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP 3002.371

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS 3013.371

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING 3022.371

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7	FREE

COLORING SOCIAL GROUP 3014.371

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.



DAY	TIME	ROOM	COST
Tues.	10 AM—12 PM	CONF. ROOM	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY 4018.371

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING 4030.371

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

EXERCISE LONGEVITY STICK 4017.371

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

YOGA 4033.371

Yoga improves cardiovascular health, aids digestion, improves sleep, and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

CHAIR YOGA 4034.372

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:15 PM—5:45 PM	9,10,11	FREE

GENTLE YOGA 4035.371

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

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ENGLISH CONVERSATION 3333.372

Improve your English speaking skills in our English Conversation group where you'll meet a bunch of friendly people who are learning English and can practice with you.

DAY	TIME	ROOM	COST
Wed.	9 AM—11 AM	CONF. RM.	FREE

SPANISH CONVERSATION 3333.371

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	CONF. RM.	FREE

YOUNG AT HEART STORYTIME

July: 5200.371 Aug.: 5200.372 Sept.: 5200.373

NPSC is hosting an intergenerational program in which seniors will read stories to preschool aged children. We are currently seeking volunteer readers.

DAY	TIME	ROOM	COST
2nd Tuesday	10:30 AM—11:00 AM	LOBBY	FREE

BOOK CLUB 3100.371

Join a group of book lovers in this fun activity. Each month the group will read a different book and meet to discuss it.

DAY	TIME	ROOM	COST
1st & 3rd Thurs.	1:00 PM—3:00 PM	CONF. ROOM	FREE

PINOCHLE 3026.371

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES 3024.371

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

MOVIE MONDAY 3025.371

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Mon.: 3007.371 Tues.: 3011.371

Wed.: 3006.371 Fri.: 3008.371

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Tues. (Class)	5:00 PM—6:45 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Fri.	12:00 PM—4:00 PM	6	FREE

WORLD AFFAIRS GROUP DISCUSSION 3032.371

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

BILLIARDS ROOM TOURNAMENT 3005.371

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
4th Thurs.	12:00 PM—4:00 PM	ANNEX	FREE

SHUFFLEBOARD 3029.371

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Fri.	11 AM—12:00 PM	ANNEX	FREE

MAH JONGG 3030.371

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10 AM—3 PM	7	FREE

SCRABBLE 3789.371

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

CLASSES & ACTIVITIES

INSTRUCTED

BALLROOM DANCE

July: 3014.371 Aug.: 3014.372 Sept.: 3014.373

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Cha and Tango. You don't need a partner. Just come and enjoy!

This class is taught by Galina Galchenko.

DAY	TIME	ROOM
Mon.	1:00 PM—2:30 PM	7 & 8

COST: Month: \$10/Res & \$13/Non-Res
Drop-in: \$3.00/Day



GUITAR LESSONS

July: 3019.371 Aug.: 3019.372 Sept.: 3019.373

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

This class is taught by Scott Humphries.

DAY	TIME	ROOM
Tues.	11:00 AM—12:00 PM	11

COST
Month: \$21/Res & \$26/Non-Res



LINE DANCE (Advanced/Beginner)

Adv.: July: 3015.371 Aug.: 3015.372 Sept.: 3015.373

Beg.: July: 3016.371 Aug.: 3016.372 Sept.: 3016.373

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

DAY	TIME	ROOM
Advanced Tues.	10:00 AM—11:00 AM	7 & 8
Beginner Tues.	11:00 AM—12:00 PM	7 & 8

COST

Month: \$12/Res & \$15/Non-Res
Drop-in: \$3.00/Day



ENRICHMENT

SINGING INFORMAL

3041.371

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

SINGING SENIORS

3042.371

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

BINGO—CV SENIOR CLUB

3004.371

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
Fri.	12:00 PM—2:00 PM	9,10,11

BUNCO—CV SENIOR CLUB

3009.371

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
Fri.	2:30 PM—4:00 PM	9,10,11

BUNCO GAME NIGHT—CV SENIOR CLUB

3010.371

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM
Wed.	4:30 PM—6:30 PM	LOBBY

SENIOR TECH

TECH ONE-ON-ONE

3200.371

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of your session.

WEDNESDAYS

TIME : 3:00 PM—5:00 PM

COST : \$10 per 30 minute session (\$13 Non-Residents)



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$18/\$23 **July** (4730.371)
 \$18/\$23 **Aug.** (4730.372)
 \$14/\$18 **Sept.** (4730.373)

CHAIR VOLLEYBALL

4025.371

Imagine a sport in which you can rack up points while never having to leave your chair. Sound too good to be true? Come try this fun new activity with a lively group of seniors. It's sure to be a good time!

DAY	TIME	ROOM	COST
Mon.	9—9:30 AM	9, 10, 11	FREE

SOUTHWESTERN COLLEGE SENIOR EXERCISE

4040.371

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE

TAI CHI

4321.371

This SWC extended learning course introduces the Chinese Tai Ji Quan traditional exercise for body and mind. Emphasizes muscle tone, flexibility, relaxation and stress reduction, especially for older adults. Consists of slow, rhythmic movements and meditation techniques effective for relaxation, decreasing high blood pressure, and promoting overall wellness.

Instructor: S. Evans.

Summer session is June 14—August 4.

Fall session is August 23—December 8.

DAY	TIME	ROOM	COST
Wed.	9:15—10:45 AM	9, 10, 11*	FREE
Fri.	9:30—11:00 AM	9, 10, 11*	FREE

*Under special circumstances, class may be held outside.

FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: July—Sept. \$35/Res & \$44/Non-Res
 (4111.371)

One Month: \$15/Res & \$19/Non-Res

(July: 4112.371; Aug.: 4112.372; Sept.: 4112.373)

Fitness Center Hours

Monday/Wednesday/Friday 10:30 AM—2:00 PM

Tuesday/Thursday 8:00 AM—12:30 PM

Evening and Saturday Hours

Monday-Thursday 5:00 PM—7:00 PM

Saturday 8:30 AM—11:00 AM



Chula Vista Walking For Fitness

4615.370

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE

WFF participants meet at the NPSC every Tuesday and Thursday at 9:30am. After a short sharing of ideas or health tips, it's out walking we go.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH

BEREAVEMENT SUPPORT GROUP 3003.371

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

BLOOD PRESSURE SCREENING 8200.375

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

HEALTH PRESENTATIONS

Sharp Health Care 8200.372

Free Medicare Seminars

DAY	TIME	ROOM
Wednesday, July 26th	10:00 AM—11:00 AM	11
Thursday, September 28th	10:00 AM—11:00 AM	10

Let the experts from Sharp Health Plan explain how Medicare works and answer all your questions. Sharp Health Plan is offering brand new Medicare Advantage plans that may help you save money. A representative will be present with information and applications.

Access to Independence 8200.378

DAY	TIME	ROOM
Wednesday, August 23rd	10:00 AM—11:00 AM	10

During this presentation Access to Independence will inform participants about the several programs they offer which include:

- Free in-home assessments
- Assistive Technology Information and training on low vision devices and more!

Scripps Health Talk

This talk is presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Beating the Heat: Summer Safety 8200.374

DAY	TIME	ROOM
Monday, July 10th	10:00 AM	Conf. Room

Heat can cause symptoms ranging from headaches and muscle fatigue to fainting, heat exhaustion, and even death.

This informative presentation will help you understand heat hazards and know how to recognize signs of heat stress in yourself and others.

Let's Stay Healthy



ActivCare at Rolling Hills Ranch 8200.373

DAY	TIME	ROOM
Thursday, July 27, 2017	10:00 AM	10

During this presentation we will have the opportunity to talk about the warning signs of Alzheimer's. We will also discuss other related dementia experience disruptions in daily life. In addition, 10 warning signs and symptoms will be discussed.

Hamilton Relay Service 8200.377

DAY	TIME	ROOM
Wednesday, September 27th	10:30 AM	10

If you've ever missed out on what was said during a telephone call - you no longer need to. Now you can see word-for-word what is said to you throughout your phone conversation. California Relay service is available 24/7 at no cost and allows individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking to make and receive phone calls. A variety of products and services are available to meet each individual's needs.

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Call (619) 420-2782 or visit <http://www.meals-on-wheels.org/> for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

"Clase Calma" (Spanish)	Call for dates and times.	Upstairs Office
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CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **July 18, 25; Aug. 1, 15, 22; Sept. 5, 19, 26.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Date: **Sept. 21. (No meetings in July or August)**

For more information call: President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:30 AM—2:00 PM	FULL HALL



SPECIAL THANKS

Thank you to Scan Health Care representative, Gerardo Soria, for providing generous donations of bottled water, chips, and cake at our annual fashion show luncheon on Wednesday, June 21, 2017.



9655 Granite Ridge Dr.
Suite 200
San Diego, CA 92123

Gerardo Soria

Sales Representative

CELL: **619-957-7650**

gsoria@scanhealthplan.com

Se habla español

License #: 0F37009



OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Otay Recreation Center

(619) 409-1999

3554 Main Street

Feeling Fit Club for Seniors

Mon. & Wed. 9—10 AM

Free



Loma Verde Recreation Center

1420 Loma Lane

(619) 409-1939

AM Exercise Tuesdays & Thursdays

9—10 AM, \$3 Drop-in fee or a monthly fee

which varies month to month.

Yoga Class

Saturdays 8 AM—9 AM

\$7 Drop-in or \$56 for 10 classes

Session dates: July 15—September 16

Zumba

MTW 6:30 PM—7:30 PM

\$5 Drop-in fee or a monthly fee which varies month to month.

Loma Verde Pool

1420 Loma Lane

(619) 409-1987

Water Aerobics

Mon./Wed./Fri. 11 AM—12 PM

\$4/class or 10 classes for \$35



Salt Creek Recreation Center

2710 Otay Lakes Rd

(619) 585-5739

Senior Weight Training (Tues. 8 AM—8:50 AM)

\$40 Res/ \$50 Non-Res

10 week session. Taught by Frances Bordenave.

4355.331

Veterans Park Community Center

785 East Palomar

(619) 691-5260

AM Yoga (Mon. & Wed. 9—10 AM)

\$59 Res/\$72 Non-Res

4010.312

Zumba (Tues. 9—9:55 AM)

\$40 Res/\$49 Non-Res

4222.315

Zumba (Thurs. 9—9:55 AM)

\$40 Res/\$49 Non-Res

4222.317

Zumba Combo (Tues. & Thurs. 9—9:55 AM)

\$70 Res/\$86 Non-Res

4222.318



Monteville Recreation Center

840 Duncan Ranch Road

(619) 402-1977

Active Adult Fitness

Thursdays 10 AM—11 AM

\$24 Res/\$30 Non-Res

4410.350

Parkway Community Center

(619) 409-1980

Class is held at the Woman's Center @ 357 G Street

Senior Exercise

Tues. & Thurs. 1 PM—2 PM

Free

4110.365

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM CHAIR VOLLEYBALL 9:00 AM—9:30 AM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIRS GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM BALLROOM DANCE 1:00 PM—2:30 PM (Fee Pg.6) DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 7)	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM COLORING GROUP 10:00 AM—12:00 PM ADV. LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) 2ND TUES. YOUNG AT HEART STORYTIME 10:30 AM—11:00 AM BEG. LINE DANCE 11:00 AM—12:00 PM (Fee Pg.6) GUITAR LESSONS 11:00 AM—12:00 PM (Fee Pg.6) 1ST, 3RD, 4TH TUES. CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM CREATIVE WRITERS 2:00 PM—4:00 PM BRIDGE (CLASS) 5:00 PM—6:45 PM	EXERCISE WITH KAY 8:00 AM—9:00 AM PINOCHLE 9:00 AM—1:00 PM ENGLISH CONVERSATION 9:00 AM—11:00 AM TAI CHI 9:15 AM—10:45 AM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:15 PM—5:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 4:30 PM—6:30 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.7) STRENGTH TRAINING 5:45 PM—6:45 PM	SWC EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS. GARDEN CLUB 11:30 AM—2:00 PM 1ST THURS. CV SENIOR CLUB DANCE 1:00 PM—3:00 PM BOOK CLUB: 1ST & 3RD THURS. 1:00 PM—3:00 PM GENTLE YOGA 4:30 PM—6:30 PM	YOGA WITH KAY 8:00 AM—9:30 AM TAI CHI 9:30 AM—11:00 AM MAH JONGG 10:00 AM—3:00 PM SHUFFLEBOARD 11:00 AM—12:00 PM PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM BRIDGE 12:00 PM—4:00 PM



Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

July 12 — Terra Nova China China
386 East "H" Street

Aug. 9 — Galley at the Marina
550 Marina Pkwy.

Sept. 13 — LaBella Pizza
373 3rd Ave.

Don't forget to mark your calendars!



CENTER OPERATIONS

FITNESS CENTER HOURS

Mon./Wed./Fri. 10:30 AM—2:00 PM

Tues./Thurs. 8:00 AM—12:30 PM

Evening and Saturday Hours

Mon.—Thurs. 5:00 PM—7:00 PM

Sat. 8:30 AM—11:00 AM

NORMAN PARK STAFF

Sandy Chavez
Stephanie Campos
Caitlin Weston
Carol Verdugo
Heder Dominguez
Vivianne Atkins

Ysabel Jaimes
Adolfo Herrera
Dayanira Heredia
Julian Castruita
Kassandra Hernandez
Maricela Vega

CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Norman Park Senior Center will be closed:

Independence Day: July 4, 2017

Labor Day: September 4, 2017

